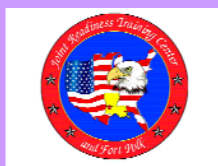


FRG Weekly Newsletter

February 15, 2007
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Family Readiness Programs
(337) 531-6047
Frg.manager@polk.army.mil



National Military Family Association

ABOUT NMFA

The National Military Family Association is a non-profit organization representing the families of all branches of the military. Our goal is to influence the development and implementation of policies that will improve the lives of these families. For more than 35 years, NMFA has built a reputation for being the leading experts on military family issues. Contact Fort Polk's NMFA

Representative, at 337-653-0596 or gardner_md@yahoo.com for more information. Or log on to www.nmfa.org

Interested in advancing your career, your child's education, or furthering your own education? NMFA now has a one-stop education and employment resource center for spouses and children of the military services. Log on to www.nmfa.org and click on EDUCATION. Here you will find information on...

1. **Spouse Education** includes detailed information about starting your education; choosing and/or transferring schools; scholarships, grants, financial aid, in-

2. state tuition; resources for the foreign-born spouse; mobile careers and much more.
3. **Children's Education** provides information about helping your child make a successful transition to a new school; Impact Aid funding for civilian schools; in-state tuition for service members and families; Department of Defense (DoD) Schools; education resources for children with special needs and more.
4. **Spouse Employment** highlights topics such as preparing to enter the job market; the Federal hiring process; military spouse preference; federal internships as well as useful websites and terms.

Looking for a good book about the military family lifestyle?

These days there are many books on the market that fit the bill; sometimes so many that you're not sure which one to choose. NMFA can help you! Log on to www.nmfa.org and click on FAMILY LIFE. Here you'll find reviews of books written for and about military families reviewed

by military spouses. Happy reading!

The National Military Family Association is looking for Representatives and Volunteers in the Fort Polk area! There are many opportunities available and many positions that can be filled with your willingness to serve those who continuously defend our nation's freedom. Please log on to www.nmfa.org for information on the Representatives and Volunteers Program and browse a list of positions available. You may also call at 337-653-0596 or gardner_md@yahoo.com to discuss the roles of NMFA Representatives and Volunteers.

Do You Know an Outstanding Family? Nominate them for the NMFA Family Award

The NMFA Family Award provides an opportunity to recognize those families who have made the most of the adventure and conquered the challenges. If you know a family that exemplifies the best of the military family lifestyle, nominate them at www.nmfa.org/familyaward. They may win \$500 and be nominated for the NMFA Family of the Year, an additional cash prize and trip. The NMFA Family Award is proudly sponsored by Nestlé, USA and the Association of Military Banks of America.



Without a booster seat, a child can sustain serious internal injuries in a crash if the safety belt rides up on to the soft abdominal area rather than staying on the bony hips and thighs.

**February is National Seat Belt Safety Month
Buckle up and be Safe**

Test all children under age 13 to be sure they are big enough to safely wear the adult safety belt without a booster seat:



- a. Have the child sit all the way back on the vehicle seat. Check to see if the knees bend at the seat edge. If they bend naturally, move on to the next step. If they do not, return to the booster seat.
- b. Buckle the lap and shoulder belts. Be sure the lap belt lies on the upper legs or hips. If it stays on the upper legs or thighs, move on to the next step. If it does not, return to the booster seat.
- c. Be sure the shoulder belt lies on the shoulder or collarbone. If it lies on the shoulder, move on to the next step. If it is on the face or neck, return to the booster seat. DO NOT place the shoulder belt under the arm or behind the child's back!
- d. Be sure your child can maintain that correct seating position for as long as you are in the car. If your



child begins to slouch or shift positions so the safety belt contacts the face, neck or stomach, return your child to the booster seat until all the test steps can be met.

Require your child to use a safety belt in every vehicle, whether or not you are there to remind him or her.



The child dummy in this crash test is not in a booster seat and is improperly wearing only the lap belt portion of the lap/shoulder belt. In a real crash, a child restrained this way could sustain serious injuries, including damage to the spinal cord.

TELL-ME-A-STORY

***Mercedes and the Chocolate Pilot*
by Margo Theis Raven**

Brought to you by Fort Polk Parent 2 Parent

Special reading by BG Daniel P. Bolger

Where: Warrior Community Center

When: 25 February

Time: 1400 -1530

Who: For children and parents - Every family in attendance receives a free copy of the featured book.

You must make a reservation to attend at

PolkParent2Parent@hotmail.com
or (337) 353-6850

Well Women Clinic Day

(Hosted by Bayne-Jones Community Hospital and Family Practice)

Date: February 24th

Time: 8am - 12pm
1pm - 4pm

What: Well women exams and pap smears

Please call 531-3011 to make an appointment, walk-ins will not be accepted. We request that you call Mon, Tues., Wed, Fri from 9am-4pm or Thur. 9am – 230pm.

This service is available to women ages 16 and up and you must be enrolled in Family Practice

Victim Advocate Volunteers Needed!

The next Volunteer Victim Advocate Program Training will be presented to the UVAs on 6-7 March at the ACS Center, Bldg. 920 from 0900 to 1630 both days.

This particular training will be a bonus for anyone wanting to become a volunteer, because as opposed to three days, it will be offered in a two day format.

Victim Advocate Volunteers come from all walks of life. Our corps is comprised of males and females, stay at home parents, students, high school/college graduates, Soldiers, Civilian employees, dual working couples, individuals that have never experienced domestic violence as well as those that may have, professional staff, and people from all ethnic backgrounds cultures and backgrounds. (Must be at least 21 years old to volunteer.)

If you know of anyone that would like to become a part of the Victim Advocate Program, please refer them to one of the VAP staff so that we can give them more info about the program. Please contact us at 531-6333/7391.

Useful Phone Numbers

(All numbers are 337 area code unless otherwise stated)

| | |
|---|--------------|
| 1 st CSB (ME) (P) Staff Duty | 531-2157 |
| 4IBCT 10 th MTN Staff Duty | 531-0517 |
| Army Emergency Relief | 531-1957 |
| (after hours 800-241-1071) | |
| American Red Cross | 531-1929 |
| (after hours 877-272-7337) | |
| Army Community Service | 531-1941 |
| BJACH Information | 531-3118 |
| CDC Registration | 531-1955 |
| Commissary | 531-4053 |
| Family Life Chaplain | 531-6816 |
| Family Life Consultant | 531-1938 |
| Family Readiness Center | 531-9426 |
| Military One Source | 800-342-9647 |
| Military Police | 531-2677 |
| Picerne | 537-5000 |
| Post Information | 531-2911 |
| PX | 531-1001 |
| Public Affairs Office | 531-2714 |
| RCI | 537-6000 |
| Sexual Assault Response | 531-1848 |
| Tax Center | 531-1040 |
| Victim Advocacy Program | 531-6333 |
| WIC | 238-1203 |

Upcoming Events

16 Feb

6 pm, 50M Pool

Movie Night

For more information 531-1988

17 Feb

8 am, WCC

Mardi Gras in Galveston

For more information 531-1948

17 Feb

50M Pool

3 pm, Raft Night

For more information 531-1988

18 Feb

Stars and Strikes Bowling Center

11am, Family Day Bowling

6 pm, Cosmic Bowling

For more information 531-6273

20 Feb

11 am, BLDG 350 Patio

BOSS BBQ

For more information 531-1948

22 Feb

Allen Library

9 am, Storytime

For more information 531-2665

22 Feb

6 pm, ACS

PAIRS

For more information 531-1938

23 Feb

6 pm, ACS

Game Night

For more information 531-1941

24 Feb

Toledo Bend Recreation Site

Bass Tournament

For more information 888-718-9088

24 Feb

50M Pool

3 pm, Raft Night

For more information 531-1988

Vernon Parish Schools

- Holiday-President's Day 19 Feb
- State-wide Testing 19-23 Mar
- Student Holiday 5 Apr
- Easter/Spring Break 6-13 Apr
- Last day of School 25 May



Beauregard Parish Schools

- Holiday – President's Day 19 Feb
- Holiday-Mardi Gras 20 Feb
- State-wide Testing 19-23 Mar
- Spring Break/Good Friday 2-6 Apr
- Last day of School 25 May

Point of Contact Training (POC)

March 8 from 1230-1430 at FRC

March 13 from 1800-2000 at FRC

Childcare will be provided.
For reservations and to sign up please call 531-9426 or stop by Bldg. 924

National Child Passenger Safety Week (11-17 Feb)

What: Child Seat Fitting Station/Inspection

When: 22 Feb

Time: 1000-1400

Where: Bldg 3504

CY06 Tax Program

Where: BLDG. 403, Radio Road

When: 16 Jan - 16 Apr 07

Hours of Operation:

Monday - Friday: 0900-1600

Saturday: 0900-1200

Appointments are recommended: 531-1040
Walk-ins are taken on a limited basis

Necessary Documents for Tax Preparation

1. Social Security Card(s) (must bring with you for electronic filing. If you do not have your card, please visit the local Social Security Office to obtain a replacement.)

2. W2(s)

3. Picture ID

4. Documents to support deductions if itemizing
EFN# for child care deductions

5. Tax/General POA if filing without sponsor present

Army Family Team Building

Family Readiness Center

7960 Mississippi Avenue Building 924

531-6269 or 531-4306

Level I (8:30a.m. - 2:30p.m.)

February 13 & 14, 2007

April 10 & 11, 2007

May 15 & 16, 2007

June 12 & 13, 2007

September 18 & 19, 2007

"Super Saturdays" Level I Classes

(8:30a.m. - 4:00p.m.)

March 17, 2007

August 18, 2007

Level II (8:30a.m. - 2:30p.m.)

February 26, 27 & 28, 2007

May 29, 30 & 31, 2007

September 24, 25 & 26, 2007

Level III (8:30a.m.- 2:30p.m.)

February 6, 7 & 8, 2007

April 23, 24 & 25, 2007

August 27, 28 & 29, 2007

Instructor Training (8:30 a.m. - 2:30 p.m.)

May 7, 8, 9 & 10, 2007

Level I ("Learn" Army)

Helps family members learn about the Army life and how to maneuver through daily challenges by discovering how to decipher Army acronyms, utilize Community resources, attain better financial readiness and understand the goal and impact of the Army mission.

Level II ("Grow" Personal Skills)

Helps family members improve personal skills with courses in Personal Time Management, Communication Skills, Stress Management, and Traditions, Customs, Courtesies & Protocol.

Level III ("Lead" Others)

Helps family members develop advanced leadership skills and enhances participant's organizational skills in the Army and civilian life.

For more information or to
sign up
for classes, please contact
the
AFTB office at
aftb@polk.army.mil
or 531-6269